

BEACHES ETC

THIS AREA IS KNOWN AS **SEVEN BAYS FOR SEVEN DAYS**, AND ALL THE BEACHES ARE LOVELY, BUT DO RESPECT THE CURRENTS AND THE LIFEGUARDS (THERE IS A TIDE TIMETABLE ON THE SHELF IN THE KITCHEN).

WE WALK TO **CONSTANTINE BAY** VIA THE SMALL FOOTPATH THAT RUNS DOWN TO THE SEA FROM THE CAR PARK AT TREVOSE GOLF CLUB; YOU CAN ALSO WALK ALONG TO **BOOBYS BEACH** FROM THERE (THERE IS NO BEACH ON BOOBYS 3 HOURS BEFORE AND AFTER HIGH TIDE).

YOU CAN ALSO WALK TO **BOOBYS** IF YOU WALK UP TO THE GOLF CLUB ALONG THE PRIVATE ROAD, THROUGH THE CAR PARK AND DOWN THE ROAD WHERE THERE IS A FOOTPATH AT THE BOTTOM SIGNED TO TREVOSE HEAD. AT THE END OF THE FOOTPATH TURN LEFT DOWN THE PRIVATE ROAD TOWARDS THE SEA.

THERE IS A CAR PARK FOR BOOBYS BAY IF YOU DRIVE UP TOWARDS TREVOSE HEAD; YOU CAN ALSO WALK ACROSS TO **MOTHER IVEY'S BEACH** (BEAUTIFUL COVE BEACH, GREAT FOR CHILDREN) AND THE LIFE BOAT STATION FROM THERE. THERE ARE CAR PARKS AT **CONSTANTINE BAY, HARLYN BAY** (LONG AND SAFE BEACH FOR CHILDREN), **TREVONE, TREYARNON BAY** AND **PORTHCOTHAN BEACHES**.

SURFING: CONSTANTINE BAY SURF SHOP RUNS HALF-DAY/DAY/WEEK COURSES AND YOU CAN HIRE ALL THE GEAR THERE.

WALKING

THE WALK AROUND TREVOSE HEAD IS LOVELY, AND THERE ARE FANTASTIC CLIFF WALKS ALONG THE COAST OF CONRWALL IN EITHER DIRECTION, DEPENDING ON YOUR STAMINA/S! THERE ARE ALSO SOME BEAUTIFUL INLAND WALKS.

TENNIS AND GOLF

THERE ARE 3 COURSES AT TREVOSE GOLF CLUB, AN 18 HOLE AND TWO 9 HOLE – ALL LINKS COURSES. YOU DO NOT HAVE TO BE AN ANNUAL MEMBER AND CAN PAY GREEN FEES IN THE OFFICE.

THERE ARE 3 TENNIS COURTS AT TREVOSE GOLF CLUB (YOU CAN SEE THEM FROM THE HOUSE) THAT CAN BE BOOKED.

SWIMMING

TREVOSE GOLF CLUB HAS A SMALL OUTDOOR POOL AND TERRACE; YOU CAN BUY TICKETS AT THE OFFICE TO SWIM (YOU DO NOT HAVE TO BE A MEMBER OF THE GOLF CLUB).

ATLANTIC REACH AND WADEBRIDGE LEISURE CENTRE (SEE USEFUL PHONE NUMBERS) HAVE INDOOR POOLS.

CINEMAS

THE REGAL AT WADEBRIDGE IS AN EXCELLENT LOCAL CINEMAS; THERE ARE ALSO CINEMAS IN TRURO AND ST AUSTELL.

PADSTOW HAS MANY ATTRACTIONS, THE CAMEL TRAIL FOR CYCLING, (YOU CAN RENT BIKES IN PADSTOW), BOAT AND FISHING TRIPS, FERRY TO ROCK, SAILING, SHOPPING, AND OF COURSE RICK STEIN'S RESTAURANTS AND CAFÉ AND FISH AND CHIPS ETC. IT DOES GET CROWDED SO GET THERE EARLY!

TRURO (ABOUT 40 MINS BY CAR) IS AN INTERESTING OLD TOWN, WITH GOOD SHOPPING, THE CATHEDRAL, HALL FOR CORNWALL THEATRE AND A GOOD MUSEUM (WITH LOTS OF CHILDREN'S ACTIVITIES). **ST IVES** IS LOVELY (VERY CROWDED IN THE SUMMER) HAS TATE ST IVES AND THE BARBARA HEPWORTH SCULPTURE MUSEUM.

LOCAL FOOD SHOPS

CONSTANTINE BAY STORES IS A SHORT WALK FROM THE HOUSE (GO ALONG THE PRIVATE ROAD TOWARDS THE TENNIS COURTS AT TREVOSE GOLF CLUB, THROUGH THE CAR PARK AND STRAIGHT UP THE ROAD AHEAD). IT IS A FANTASTIC LOCAL SHOP AND HAS JUST ABOUT EVERYTHING, AND IS OPEN LONG HOURS IN THE SUMMER; CONSTANTINE BAY SURF SHOP IS NEXT DOOR.

FRYER TUCKS IN ST MERRYIN IS GOOD FOR FISH AND CHIPS!

THERE IS A FOLDER IN THE FRONT HALL WITH LOTS OF LEAFLETS ABOUT ACTIVITIES IN THE AREA.

WE PARTICULARLY RECOMMEND **OLD MACDONALDS FARM** at PORTHCOTHAN FOR YOUNG CHILDREN: IT'S A VERY RELAXING PLACE FOR ADULTS TO DRINK COFFEE AND READ THE PAPERS AND FANTASTIC FOR THE KIDS!

THERE IS ALSO A SMALL PLAYGROUND NEXT TO THE SWIMMING POOL AT TREVOSE GOLF CLUB.